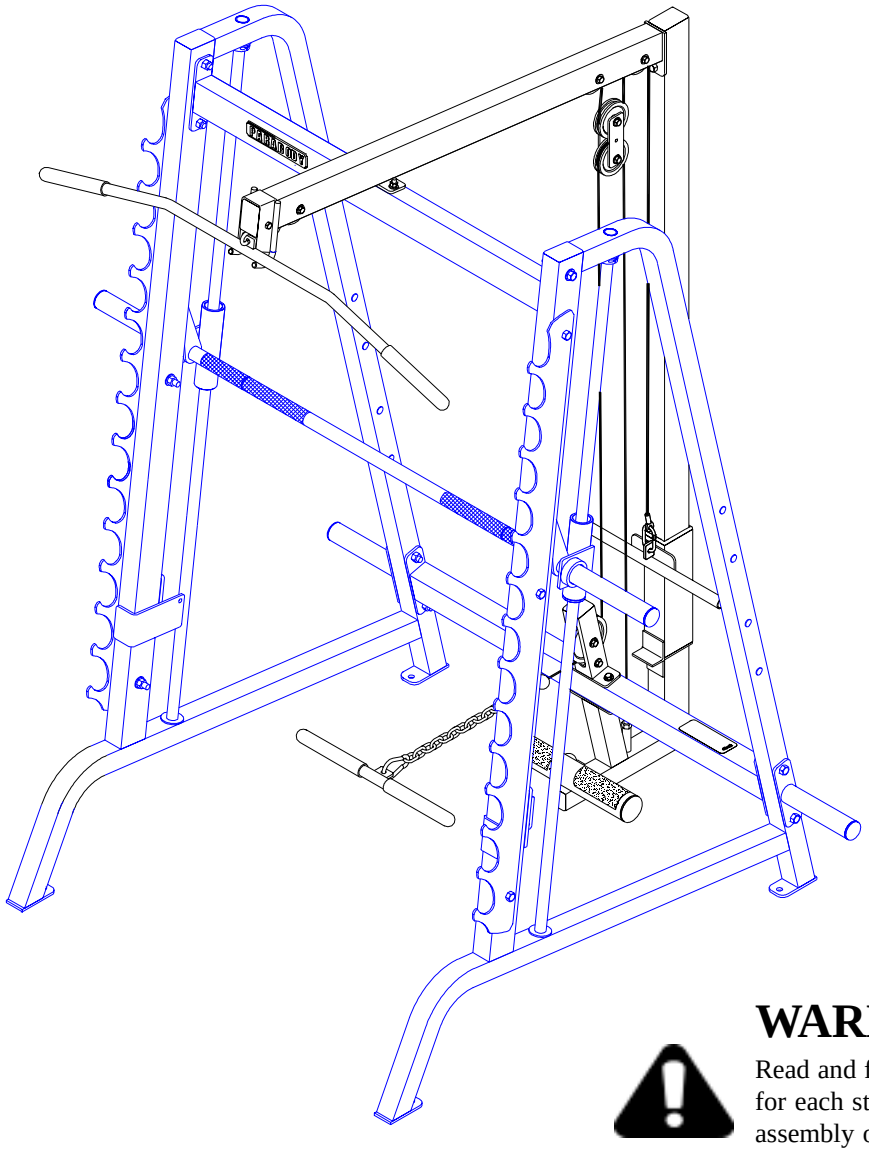
PARABODY®

887 LAT OPTION



WARNING:

Read and follow all directions for each step to insure proper assembly of this product.

USER'S GUIDE

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IMPORTANT SAFETY INFORMATION

THERE IS A RISK ASSUMED BY INDIVIDUALS WHO USE THIS TYPE OF EQUIPMENT. TO MINIMIZE RISK FOLLOW THESE RULES**!**

1. Before using, read all the warnings and instructions on the use of this machine. Use only for intended exercise. **DO NOT** modify the machine.

2. Obtain a medical exam before beginning any exercise program.

3. Keep body and clothing free of all moving objects.

4. Inspect the machine before use. **DO NOT** use it if it appears damaged. **DO NOT** attempt to fix a broken or jammed machine. Notify your authorized ParaBody dealer before use and have repairs made by an authorized service technician.

5. Be certain that weight pin is completely inserted. Use only the pin provided by the manufacturer. If unsure, call your authorized ParaBody dealer.

6. Never pin the weights or prop plate into an elevated position. **DO NOT** use the machine if found in this condition. **DO NOT** attempt to fix. Notify your authorized ParaBody dealer.

7. Inspect cables and their connections before using machine. Pay particular attention to the cable ends. **DO NOT** attempt to fix. Notify your authorized ParaBody dealer before use and have repairs made by an authorized service technician.

8. Make sure all spring loaded pull pins are fully engaged in the adjustment position and fully tighten thumbscrew before use.

9. Children must not be allowed near this machine. Supervise teenagers.

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NOTE: In a continual effort to improve our products, specifications are subject to change

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www.parabody.com

IMPORTANT NOTES

Please note:

* Thank you for purchasing the ParaBody 877 Lat Option. Please read these instructions thoroughly and keep them for future reference. This product must be assembled on a flat, level surface to assure its proper function.

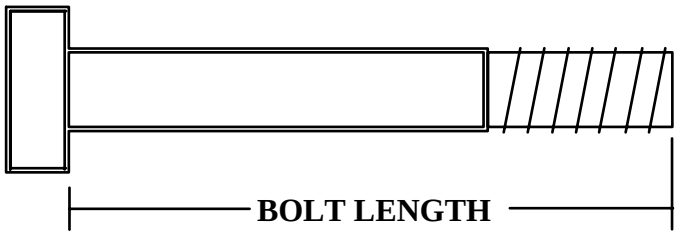
* This product must be assembled on a flat, level surface to assure its proper function. DO NOT securely tighten any frame connections until the entire frame has been assembled, unless otherwise stated.

Tools Required for Assembly

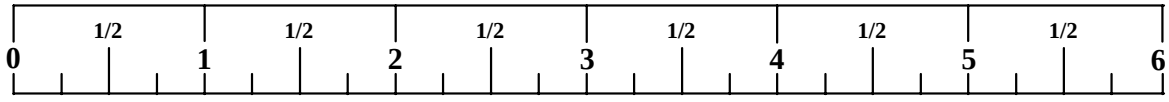
* 3/4” wrench
* 9/16” wrench
* Ratchet with 3/4” and 9/16” sockets
* Adjustable wrench
* Tape measure

Bolt Length Ruler

NOTE: BOLT LENGTH IS MEASURED FROM THE UNDERSIDE OF THE HEAD OF THE BOLT.



BOLT LENGTH RULER:



PARTS LIST

KEY	PART #	DESCRIPTION	QTY
1	6800208	UPRIGHT	1
2	6800602	ADJ FOOT SUPPORT	1
3	6800808	PULLEY HOUSING	1
4	6801008	TOP BOOM	1
5	6801102	LAT BAR SUPPORT	1
6	6759802	CARRIAGE	1
7	6274402	LOW ROW BAR	1
8	6725302	LAT BAR	1
9	3116201	3-1/2" PULLEY	5
10	3116101	4-1/2" PULLEY	1
11	6802101	115-1/4" CABLE	1
12	6671601	121-3/4" CABLE	1
13	6692601	3 X 2" END CAP	2
14	3103102	1 X 8" GRIP	4
15	6140701	1 X 1" GLIDE	8
16	6405201	2" SQ. END CAP	2
17	3116001	1-1/4" SQ. RUBBER BUMPER	1
18	6177001	2-1/2 X 5-1/2" NON-SKID STRIP	2
19	3119301	2-1/2" ROUND END CAP	2

KEY	PART #	DESCRIPTION	QTY
20	6236701	1-3/4" SQ. END CAP	1
21	6412001	SPRING PIN ASSEMBLY	1
22	3203301	VINYL CAP	2
23	6542402	3/16 X 1-3/4 X 5-1/4" PLATE	2
24	6416601	3/4 X 1-1/2" GLIDE	1
25	3102943	1/2 X 3-1/2" BOLT	1
26	3102502	1/2" WASHER	2
27	3102801	1/2" LOCK NUT	1
28	3102917	1/2 X 4" BOLT	1
29	3102807	3/8" LOW HEIGHT LOCK NUT	3
30	3102501	3/8" WASHER	14
31	3102802	3/8" LOCK NUT	9
32	3102922	3/8 X 2-3/4" BOLT	6
33	6480301	3/8" FLANGE SPACER	8
34	3103801	5/16" SNAP HOOK	3
35	3102933	3/8 X 2" BOLT	2
36	3108102	1/4" QUICK LINK	1
37	6075906	12 LINK CHAIN	1
38	3102906	3/8 X 4" BOLT	4

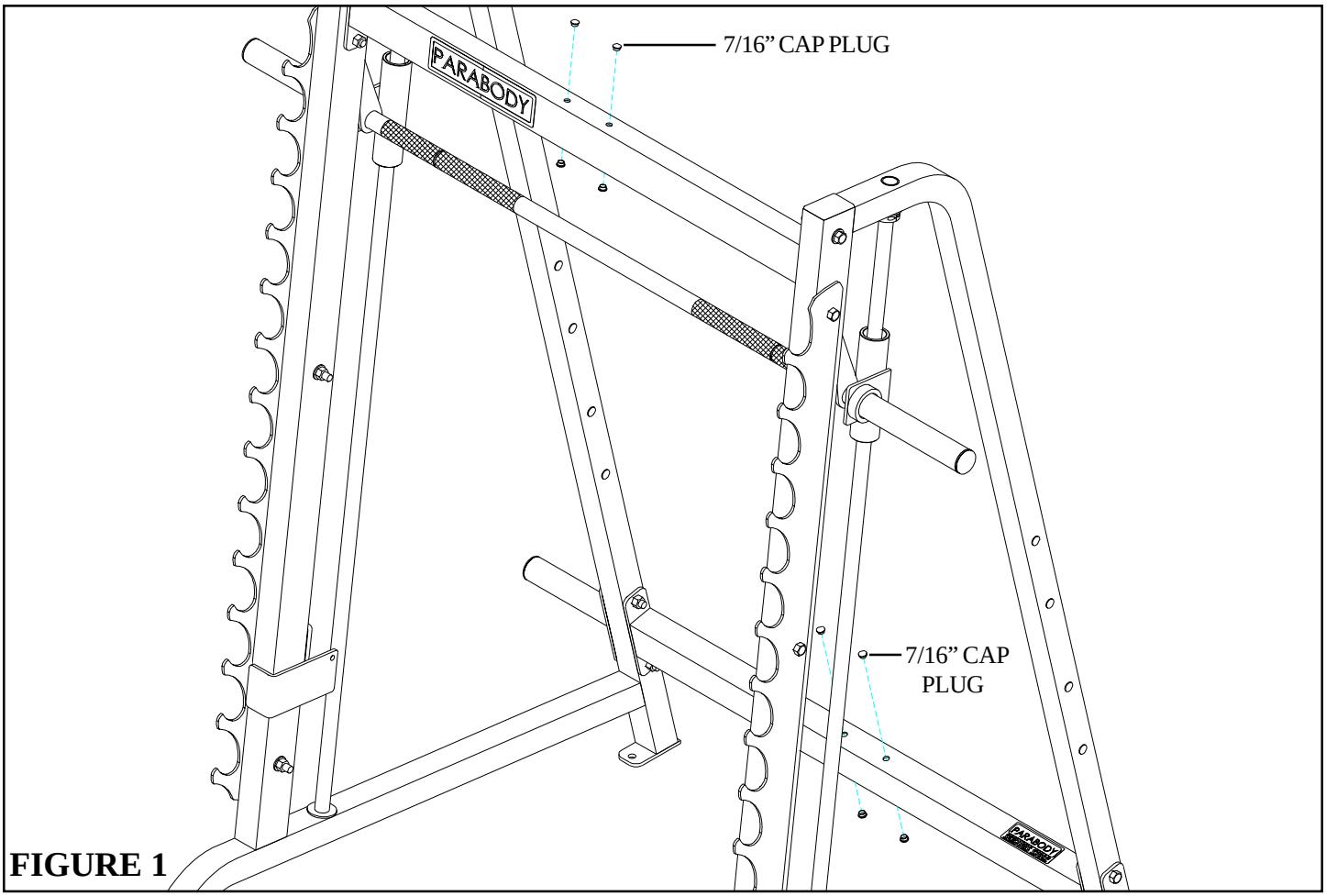


FIGURE 1

STEP 1:

- Remove four 7/16" CAP PLUGS from the UPPER & LOWER CROSS SUPPORTS on the 888 SMITH MACHINE as shown in FIGURE 1.

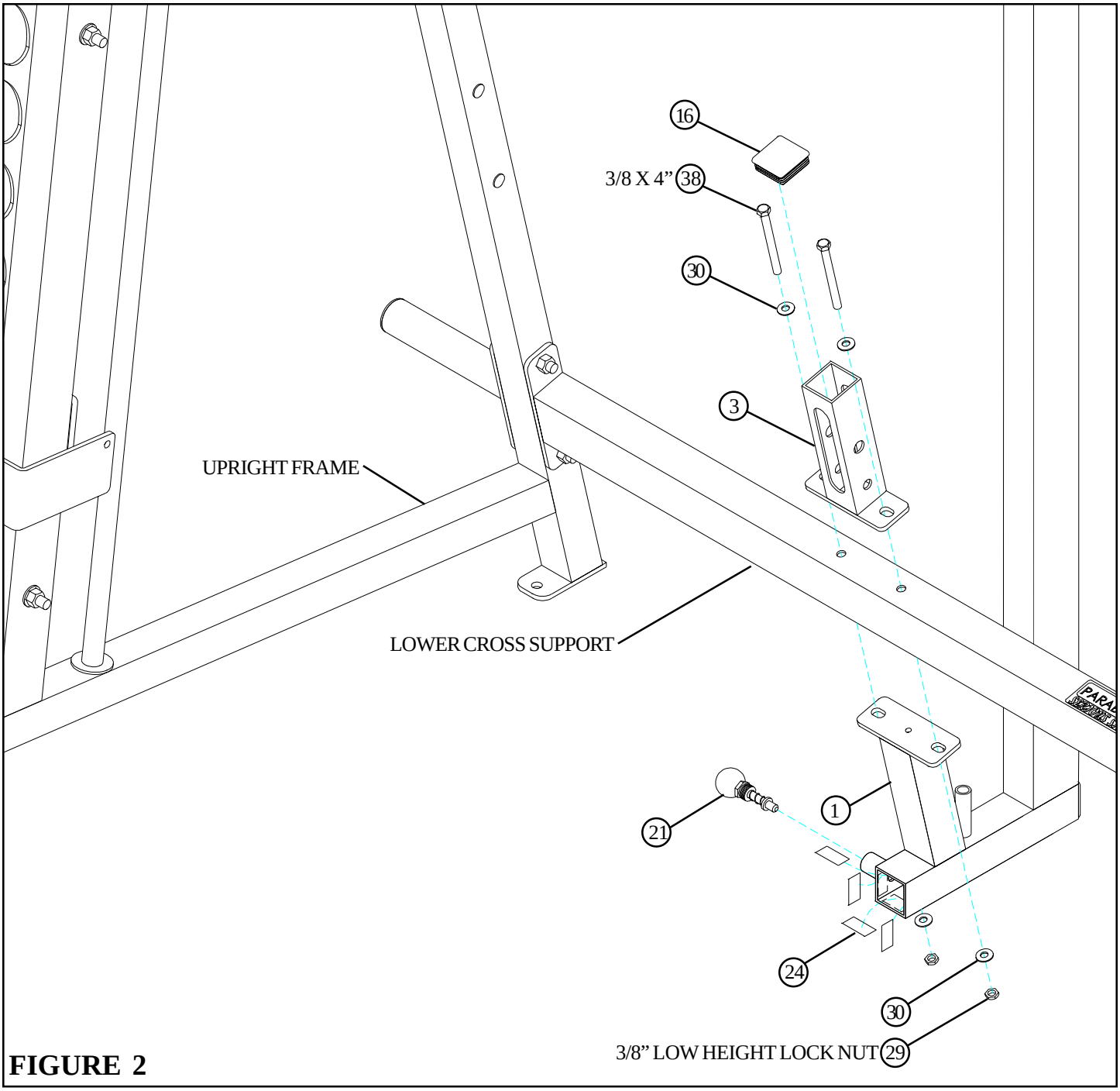


FIGURE 2

STEP 2:

- **NOTE: It may be necessary to loosen the 1/2 X 3-1/4" BOLTS of the LOWER CROSS SUPPORT connecting the UPRIGHT FRAME before beginning STEP 2.**
- Attach four 3/4 X 1-1/2" GLIDES (24) to the inside of the tube on the UPRIGHT (1) as shown in FIGURE 2 using the following steps:
  - Thoroughly clean all surfaces where the 3/4 X 1-1/2" GLIDES (24) are to be attached.
  - Remove the 3/4 X 1-1/2" GLIDES (24) from the paper backing and firmly apply them to all shown surfaces.
- **SECURELY** assemble one SPRING PIN ASSEMBLY (21) to the spring pin barrel on the UPRIGHT (1). See FIGURE 3.
- **LOOSELY** assemble the PULLEY HOUSING (3) and the UPRIGHT (1) to the LOWER CROSS SUPPORT using two 3/8 X 4" BOLTS (38), four 3/8" WASHERS (30), and two 3/8" LOW HEIGHT LOCK NUTS (29). See FIGURE 2.
- Insert one 2" SQ. END CAP (16) into the end of the PULLEY HOUSING (3) as shown in FIGURE 2.

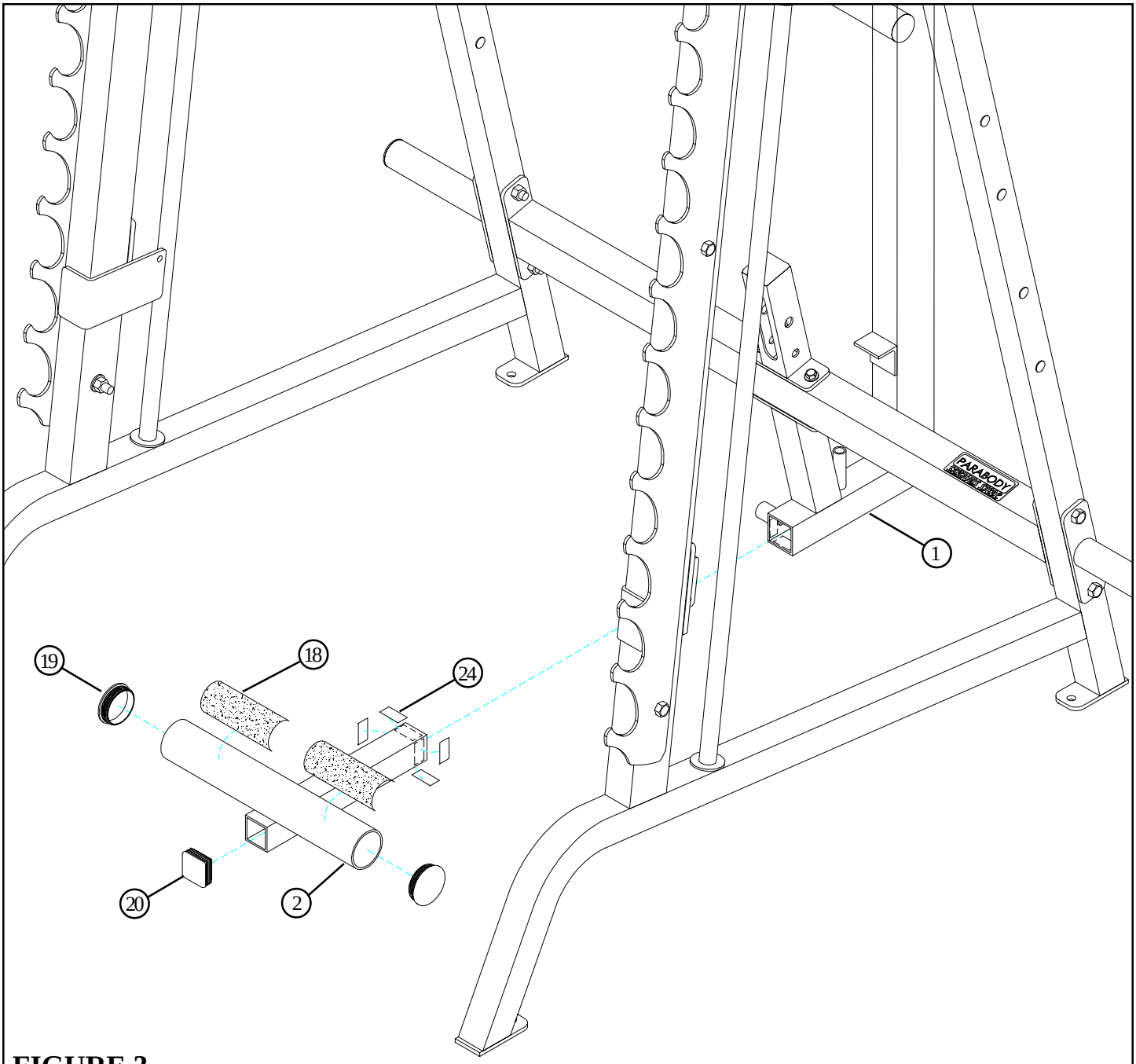


FIGURE 3

STEP 3:

- Insert two 2-1/2" ROUND END CAPS (19) into the ends of the ADJ. FOOT SUPPORT (2) as shown in FIGURE 3.
- Insert one 1-3/4" END CAP (20) into the end of the ADJ. FOOT SUPPORT (2) as shown in FIGURE 3.
- Apply two 2-1/2 X 5-1/2" NON-SKID STRIPS (18) to the ADJ. FOOT SUPPORT (2) as shown in FIGURE 3.
- Attach four 3/4 X 1-1/2" GLIDES (24) to the outside of the ADJ FOOT SUPPORT (2) and four GLIDES to the inside of the tube on the UPRIGHT (1) as shown in FIGURE 3 using the following steps:
  - Thoroughly clean all surfaces where the 3/4 X 1-1/2" GLIDES (24) are to be attached.
  - Remove the 3/4 X 1-1/2" GLIDES (24) from the paper backing and firmly apply them to all shown surfaces.
- Pull back on the SPRING PIN (21) and **CAREFULLY** insert the ADJ. FOOT SUPPORT (2) into the UPRIGHT (1) as shown in FIGURE 3.

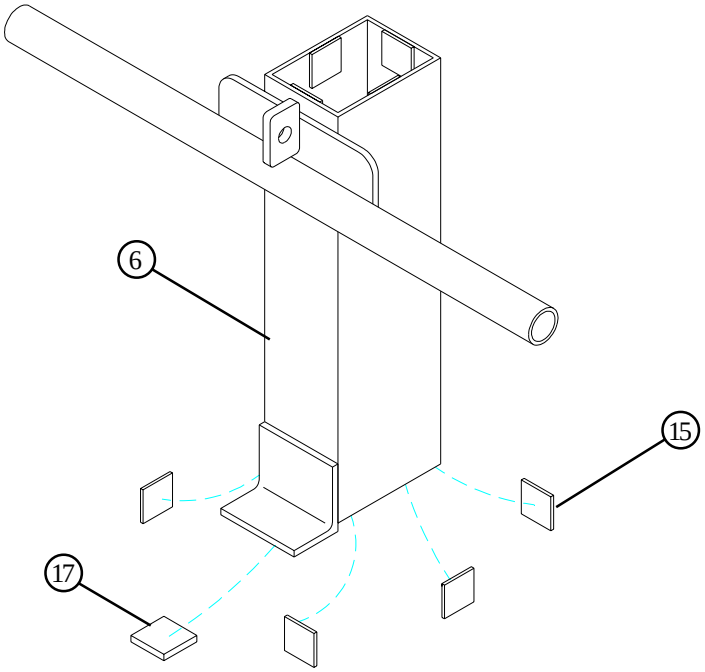


FIGURE 4

STEP 4:

- Attach eight 1 X 1" GLIDES (15) to the ends the CARRIAGE (6) as shown in FIGURE 4 using the following steps:
  - Thoroughly clean all surfaces where the 1 X 1" GLIDES (15) are to be attached.
  - Remove the 1 X 1" GLIDES (15) from the paper backing and firmly apply them to all shown surfaces.
- Attach one 1-1/4" SQ. RUBBER BUMPER (17) to the underside of the angle on the CARRIAGE (6) as shown in FIGURE 4.

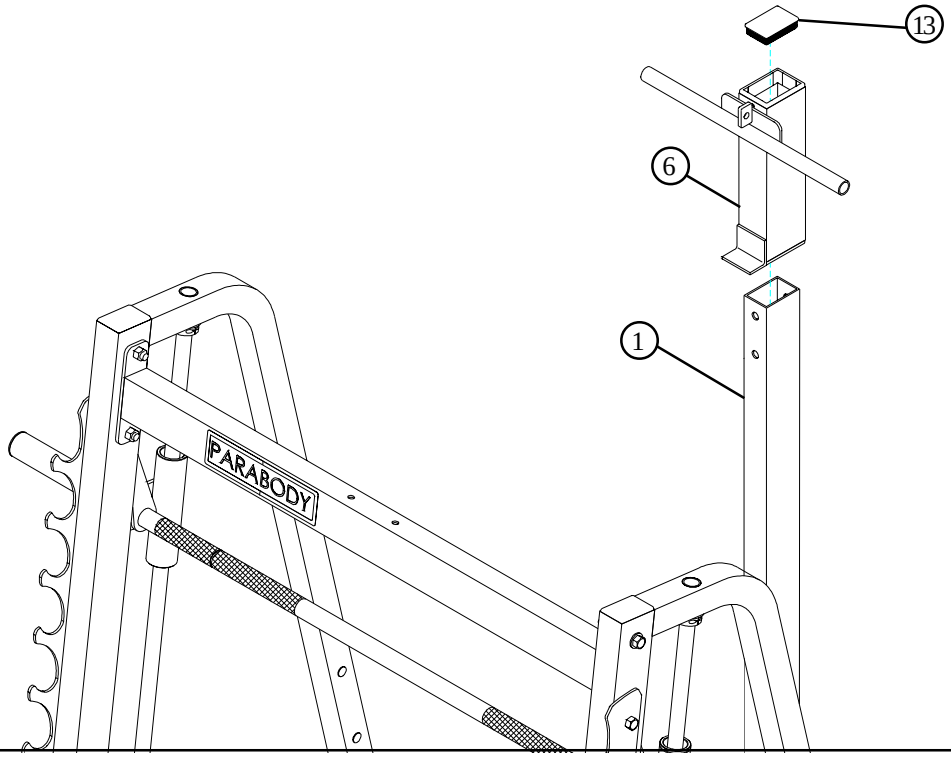


FIGURE 5

STEP 5:

- **CAREFULLY** slide the CARRIAGE (6) over the UPRIGHT (1) as shown in FIGURE 5.
- Insert one 3 X 2" END CAP (13) into the end of the UPRIGHT (1). See FIGURE 5.

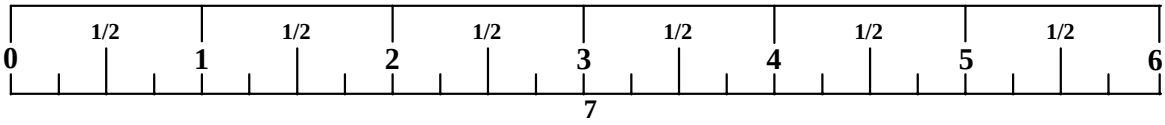
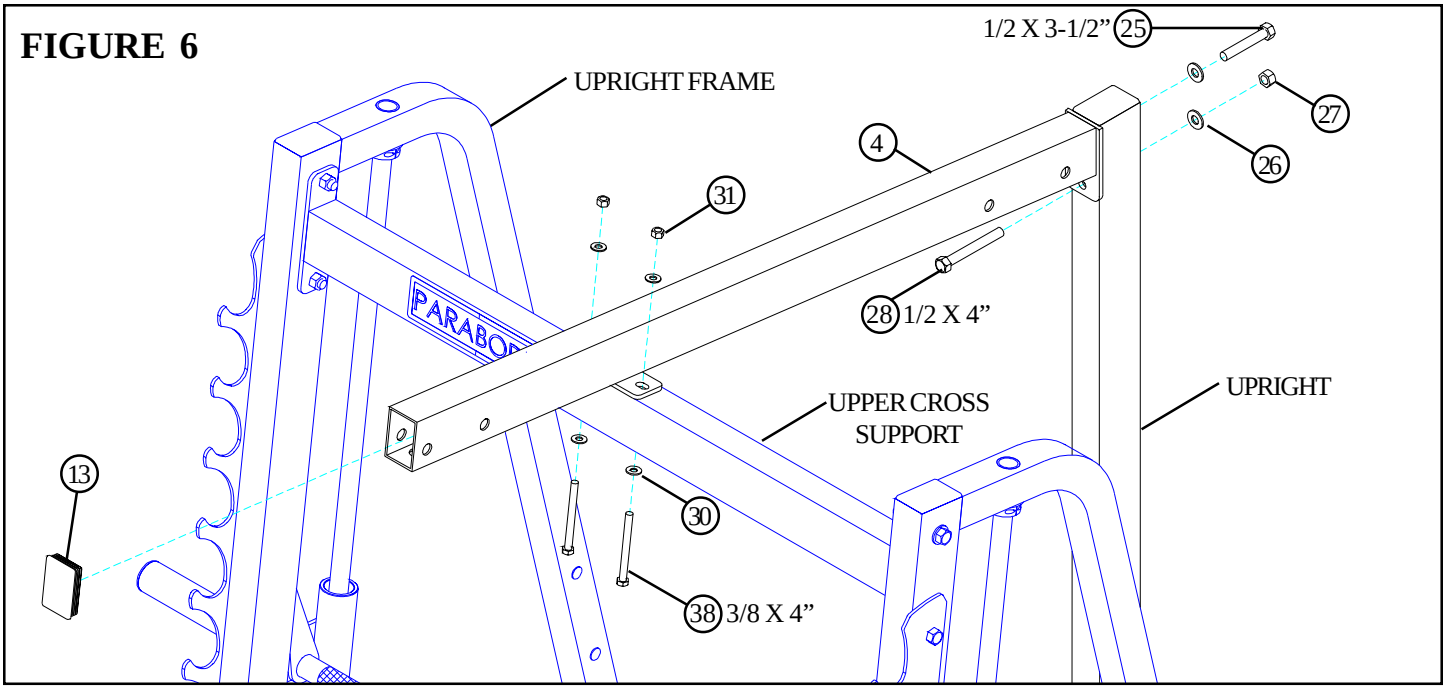


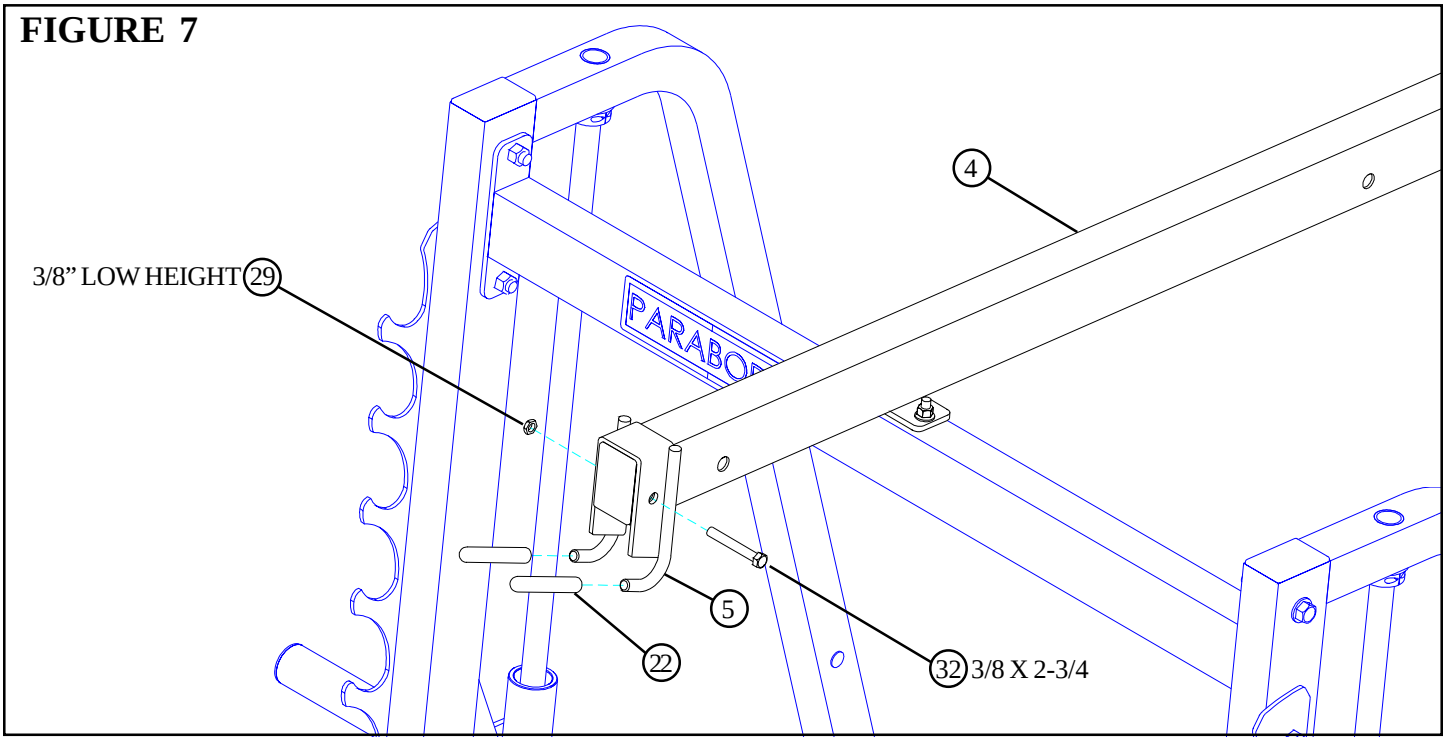
FIGURE 6



STEP 6:

- **NOTE: It may be necessary to loosen the 1/2 X 3-1/4" BOLTS of the UPPER CROSS SUPPORT connecting the UPRIGHT FRAME before beginning STEP 6.**
- **LOOSELY** assemble the TOP BOOM (4) to the UPRIGHT (1) using one 1/2 X 4" BOLT (28), one 1/2 X 3-1/2" BOLT (25), two 1/2" WASHERS (26), and one 1/2" LOCK NUTS (27) as shown in FIGURE 6.
- **LOOSELY** assemble the TOP BOOM (4) to the UPPER CROSS SUPPORT using two 3/8 X 4" BOLTS (38), four 3/8" WASHERS (30) and two 3/8" LOCK NUTS (31). See FIGURE 6.
- Insert one 3 X 2" END CAP (13) into the end of the TOP BOOM (4). See FIGURE 6.
- **SECURELY** tighten all connections made up to this point.

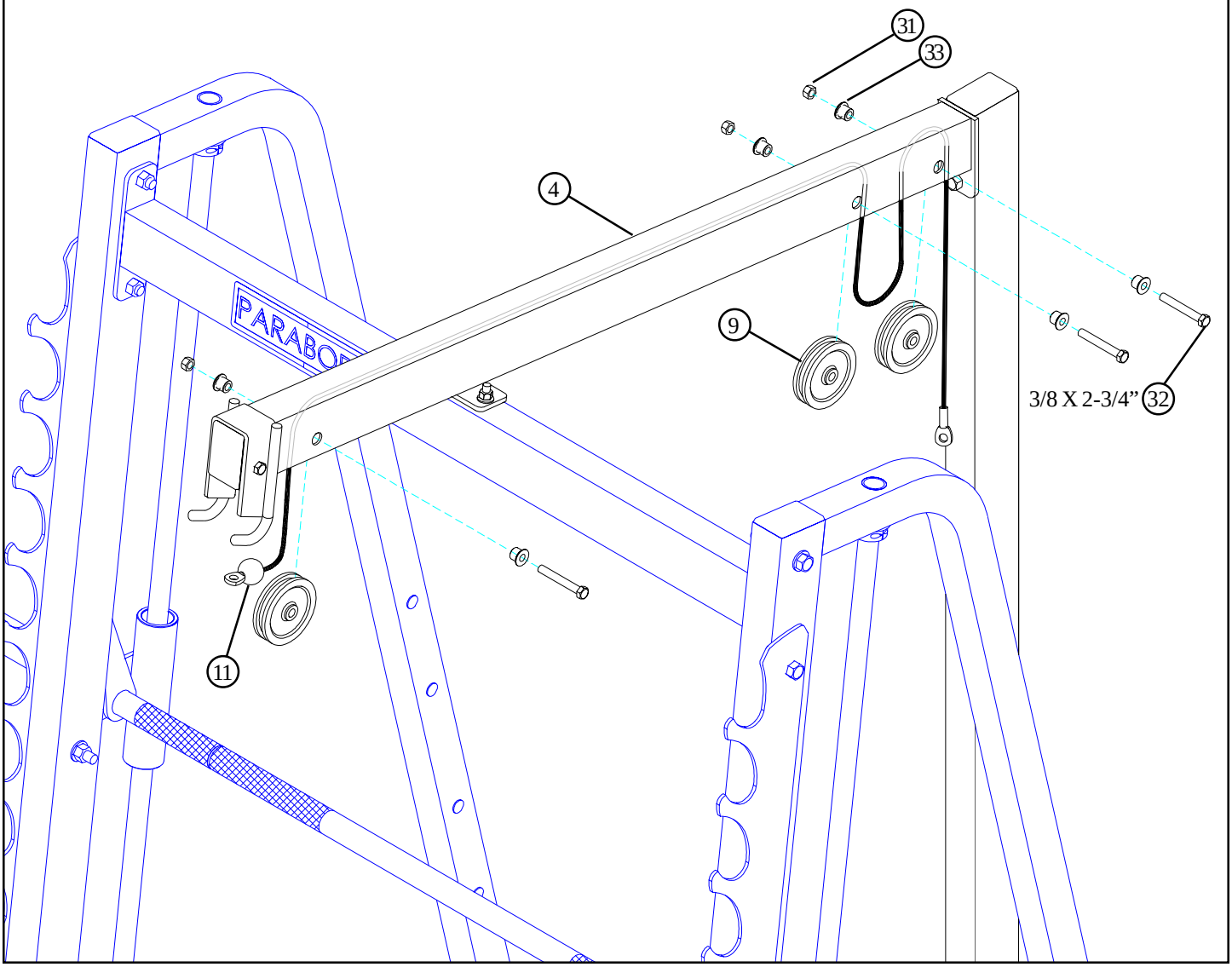
FIGURE 7



STEP 7:

- **SECURELY** assemble the LAT BAR SUPPORT (5) to the TOP BOOM (4) using one 3/8 X 2-3/4" (32) and one 3/8" LOW HEIGHT LOCK NUT (29). See FIGURE 7.
- Slide two VINYL CAPS (22) over the LAT BAR SUPPORT (5) as shown in FIGURE 7.

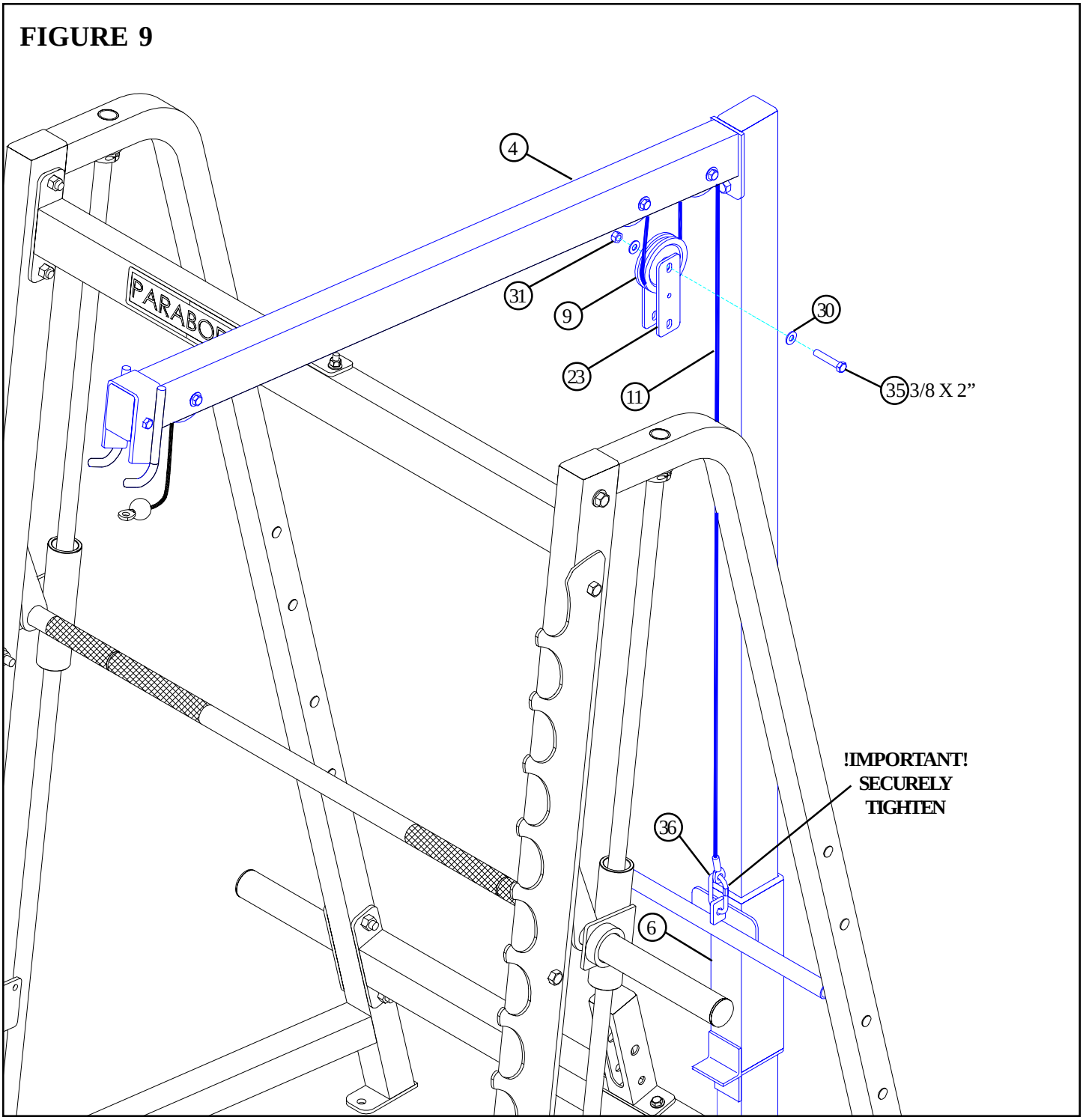
FIGURE 8



STEP 8:

- Route the 115-1/4" CABLE (11) through the TOP BOOM (4) as shown in FIGURE 8.
- **SECURELY** assemble three 3-1/2" PULLEYS (9) into the slots of the TOP BOOM (4) using three 3/8 X 2-3/4" BOLTS (32), six 3/8" FLANGE SPACERS (33), and three 3/8" LOCK NUTS (31) as shown in FIGURE 8. **(NOTE: Make sure the cable is routed over all the pulleys.)**

FIGURE 9



STEP 9:

- Attach the CABLE (11) from the TOP BOOM (4) to the CARRIAGE (6) using one 1/4” QUICK LINK (36) as shown in FIGURE 9. **(IMPORTANT! Securely tighten QUICK LINK.)**

- Place one 3-1/2” PULLEY (9) into the loop of the CABLE (12) below the second and third PULLEY of the TOP BOOM (4) as shown in FIGURE 9.

- **LOOSELY** assemble two 3/16 X 1-3/4 X 5-1/4” PLATES (23) to each side of the 3-1/2” PULLEY (9) using one 3/8 X 2” BOLT (35), two 3/8” WASHERS (30), and one 3/8” LOCK NUT (31). See FIGURE 9.

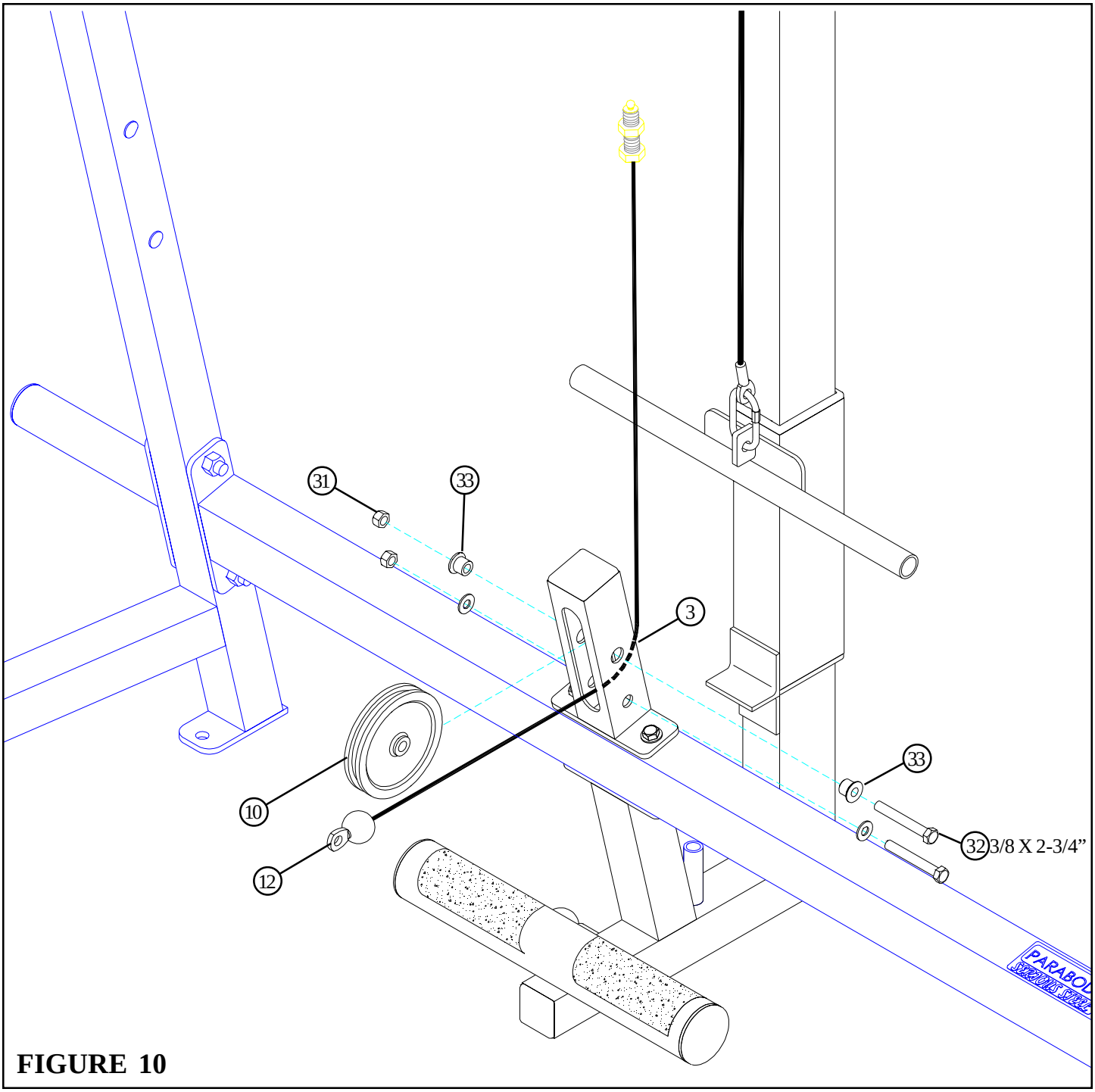


FIGURE 10

STEP 10:

- Route the threaded end of the 121-3/4” CABLE (12) through the slot of the PULLEY HOUSING then **SECURELY** assemble one 4-1/2” PULLEY (10) to the PULLEY HOUSING (3) using two 3/8 X 2-3/4” BOLTS (32), two 3/8” FLANGE SPACERS (33), two 3/8” WASHERS (30), and two 3/8” LOCK NUTS (31). **(NOTE: The CABLE (12) should be routed between the pulley and the retaining bolt as shown in FIGURE 10.)**

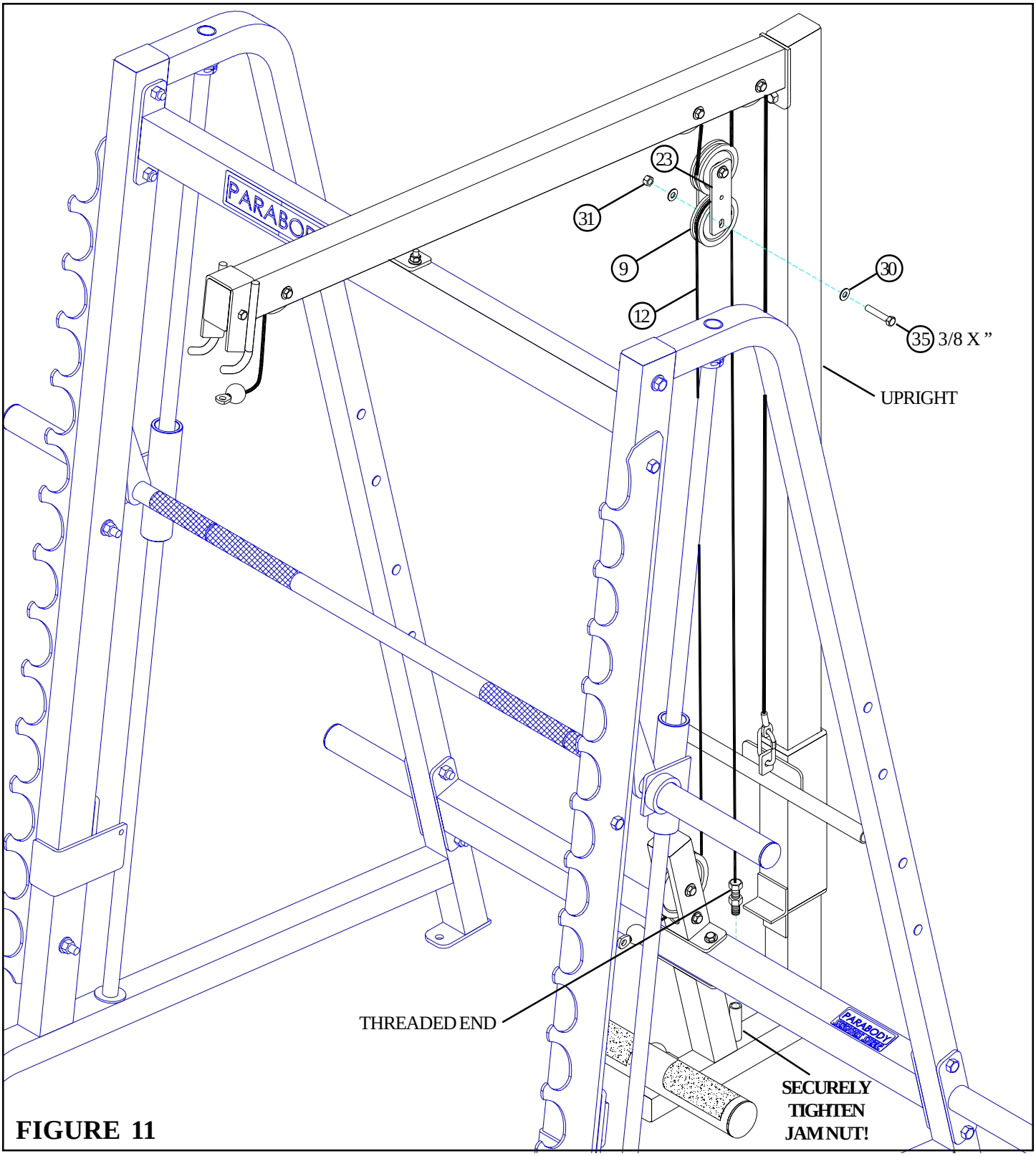


FIGURE 11

STEP 11:

- Loop the 121-3/4” CABLE (12) around one 3-1/2” PULLEY (9) as shown in FIGURE 11.
- **LOOSELY** assemble the 3-1/2” PULLEY (9) to the 3/16 X 1-3/4 X 5-1/4” PLATES (23) using one 3/8 X 2” BOLT (35), two 3/8” WASHERS (30), and one 3/8” LOCK NUT (31). See FIGURE 11.
- **SECURELY** thread the end of the 121-3/4” CABLE (12) 3/4 of the way into into the threaded housing on the UPRIGHT and **SECURELY** tighten jam nut.
- **SECURELY** tighten the two 3/8 X 2” BOLTS (35) of the 3/16 X 1-3/4 X 5-1/4” PLATES (23).

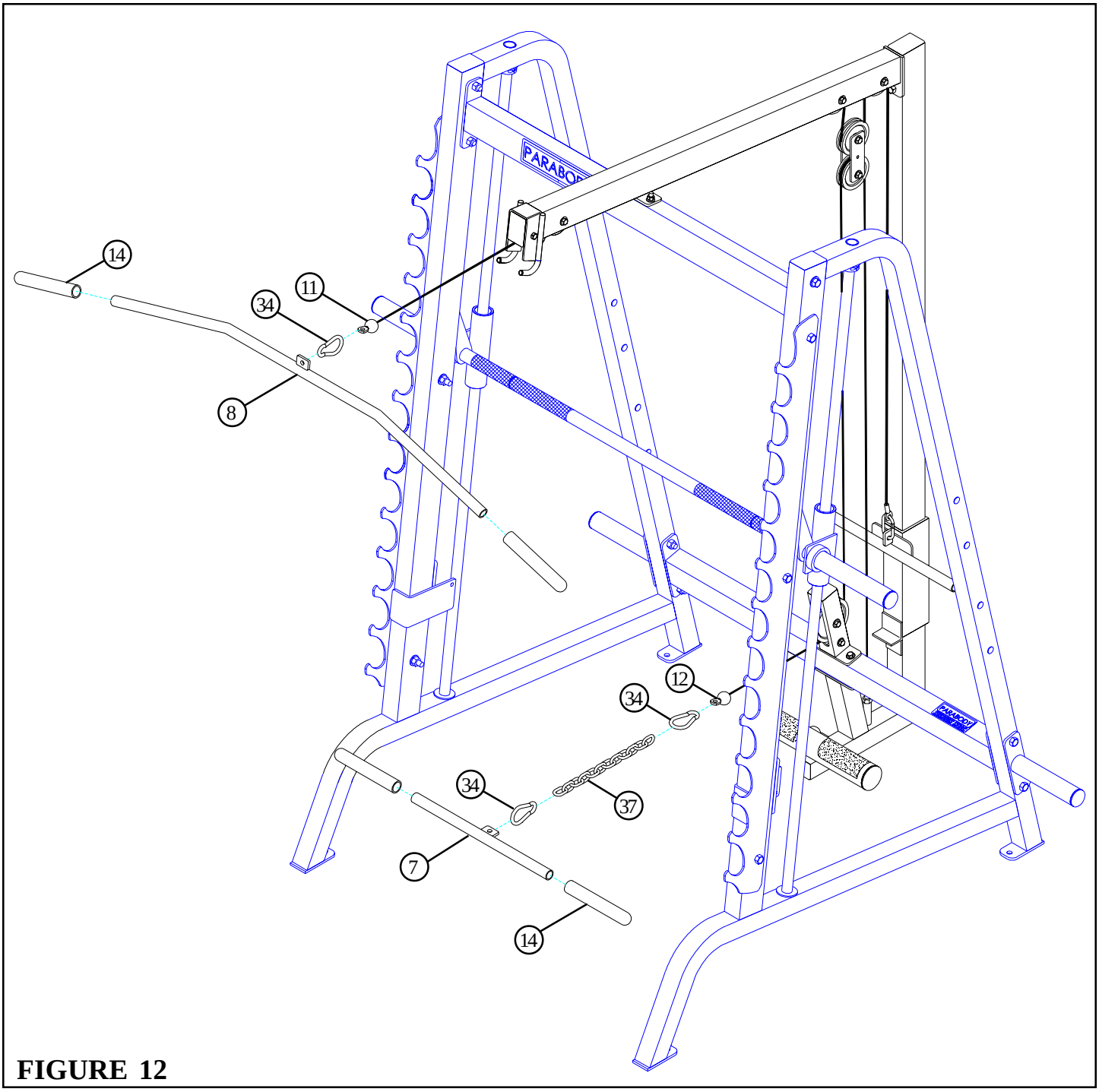


FIGURE 12

STEP 12:

- Slide two 1 X 8" GRIPS (14) on the LOW ROW BAR (7) and two 1 X 8" GRIPS (14) on the LAT BAR (8) as shown in FIGURE 12.
- Attach the LAT BAR (8) to the ball end of the upper CABLE (11) using one 5/16" SNAP HOOK (34) as shown in FIGURE 12.
- Attach the LOW ROW BAR (7) to the ball end of the lower CABLE (12) using one 12-LINK CHAIN (37) and two 5/16" SNAP HOOKS (34) as shown in FIGURE 12.

Thank you for purchasing the Parabody 887 LAT OPTION. If unsure of proper use of equipment, call your local Parabody distributor or call the Parabody customer service department at (800) 328-9714.

MAINTENANCE

Please note:

* We recommend cleaning your product (pads and frame) on a regular basis, using warm soapy water. Touch-up paint can be purchased from your ParaBody customer service representative at (800) 328-9714.

* Inspect equipment daily. Tighten all loose connections are replace worn parts immediately. Failure to do so may result in serious injury

* Lubricate guide rods with a teflon based (or equivalent) lubricant on a regular basis

*** PLEASE RECORD THE INFORMATION REQUESTED BELOW. IN THE EVENT YOU MAY NEED SERVICE YOU WILL BE ASKED FOR THIS INFORMATION. REMEMBER TO FILL OUT YOUR WARRANTY REGISTRATION CARD AND MAIL BACK.**

MODEL #_____

SERIAL #_____

DATE OF PURCHASE: _____

DEALERS NAME: _____

DEALERS PHONE #_____

Thank you for purchasing the ParaBody 887 Lat Option.

LIMITED WARRANTY

ParaBody extends the following LIMITED WARRANTY to the original owner of the ParaBody products. The Warranty terms apply to IN HOME USE ONLY.

1. LIMITED WARRANTY ON FRAME AND WELDS. If the frame of the ParaBody product or a weld should crack or break, it will be repaired or replaced by ParaBody. Terms: Lifetime – for so long as the Customer owns the ParaBody product.

2. LIMITED WARRANTY ON PARTS. If the following parts are defective in material or workmanship, ParaBody will supply replacement parts: all bolts, nuts, washers, bearings, bushings, pulleys, thumbscrews, collars, cable retaining clips, adjustable pre-stretch slides, roller pad shafts, allen head bolts, weight selector pin, weight stack shaft, set screws, protector caps, adjustment chain, cotter pin, plunger, spring and knob. Terms: Lifetime – for so long as the Customer owns the ParaBody product.

3. LIMITED WARRANTY ON CABLES AND UPHOLSTERY. If the coated cables or upholstery are defective in material or workmanship, ParaBody will repair or replace them, at its option. Terms: Three (3) years.

4. CONDITIONS AND EXCEPTIONS. Any product misuse, abuse or alteration, any attempt to repair by a person other than an authorized ParaBody Service Center, any improper assembly, accident, or any other condition resulting from occurrences beyond the control of ParaBody will void this Limited Warranty.

5. REPLACEMENT AND REPAIR EXPENSES. ParaBody will provide only replacement parts or repair under this warranty. The Owner is responsible for all other costs. Such costs may include, but are not limited to: a. labor charges for service, removal, repair or reinstallation of the ParaBody product or any component part; b. shipping, delivery, handling and administrative charges for returning parts to ParaBody; and c. all necessary or incidental costs related to installation of the replacement parts.

6. SHIPPING. If shipping by the Owners is deemed necessary (in sole discretion of ParaBody), parts should be shipped in their original carton or equivalent packaging, fully insured with shipping charges prepaid. ParaBody will not assume any responsibility for any loss or damage incurred in shipping.

7. CLAIM PROCEDURES. If service on your ParaBody product is required during the warranty period, please contact our Customer Service Department at 1-800-328-9714 for instructions regarding returning or replacing parts. Please have available the following information: (i) the dealer's name; (ii) the date of purchase; (iii) the serial # (s) of your product (the serial number location is called out on the final assembly drawing included with your assembly instruction); (iv) a description of the nature of the problem.

8. OWNER'S RIGHT. This Limited Warranty gives you specific legal rights. You may also have other rights, which vary depending on local law.

9. LIMITATION OF IMPLIED WARRANTIES. All implied warranties, except to the extent prohibited by applicable law, shall have no greater duration than the warranty period set forth above. There are no warranties which extend beyond the description in this Limited Warranty. Because local laws do not allow limitations on how long an implied warranty lasts, the above limitations may not apply to you.

10. DISCLAIMER. No other express warranty has been made or will be made on behalf of ParaBody with respect to any ParaBody product or the operation, repair or replacement of any ParaBody product. ParaBody shall not be responsible for injury, loss of use of the ParaBody product, inconvenience, loss or damage to personal property, whether direct or indirect, and incidental or consequential damages, so the above limitation or exclusion may not apply to you.

NOTES:

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